

## Cucumber and Orange Salsa

### Ingredients:

Delicious served with baked tortilla chips, raw vegetables or plain rice cakes - or pair it with a sandwich for lunch or a side salad at dinner.

### Ingredients:

- 1 cup cucumber - diced
- 1 T fresh orange juice
- 1/2 cup orange sections - chopped
- 1/4 cup red onion
- 2 T jalapeno peppers - finely chopped
- 1-1/2 T white wine vinegar
- 2 tsp olive oil
- 1/4 tsp salt
- 1/8 tsp pepper



### Directions:

Combine all ingredients in a bowl; stir well. Serve chilled or at room temperature.

Serves 4.

### Nutritional information per 1/2-cup serving:

Calories 30

Fat 2.3 g

Protein trace

Carb 2 g

Sodium 134 mg

Source: [www.healthatoz.com](http://www.healthatoz.com)

[www.healthatoz.com/healthatoz/Atoz/common/standard/transform.jsp?requestURI=/healthatoz/Atoz/hl/nutr/food/recsalsa.jsp](http://www.healthatoz.com/healthatoz/Atoz/common/standard/transform.jsp?requestURI=/healthatoz/Atoz/hl/nutr/food/recsalsa.jsp)